



# 2016-17 Wellness Campaign Incentives

Activity	Timeframe	Incentive
<b>Biometric Screening and online Health Assessment Reward Programs</b>		
<p><b>Blue Shield Subscribers:</b>  <i>Step 1:</i> Register at <a href="http://mywellvolution.com">mywellvolution.com</a> and complete the online Well-Being Assessment.  <i>Step 2:</i> Complete a biometric screening.            View complete program details at <a href="http://www.blueshieldca.com/cosb">www.blueshieldca.com/cosb</a>.</p> <p><b>Kaiser Permanente Subscribers:</b>  <i>Step 1:</i> Register at <a href="http://healthworks.kp.org/cosb">healthworks.kp.org/cosb</a>, check the “Yes” box on the Reward Program Authorization page, and complete the online Total Health Assessment.  <i>Step 2:</i> Complete or be current with your biometric screenings.            View complete program details at <a href="http://cms.sbcounty.gov/Portals/54/Documents/Benefits/Wellness/Important-Instructions-for-KP.pdf">http://cms.sbcounty.gov/Portals/54/Documents/Benefits/Wellness/Important-Instructions-for-KP.pdf</a>.</p>	September 1, 2016 – April 30, 2017	\$100 Reward Card*
<b>Smoking Cessation Reward Programs</b>		
<p><b>Blue Shield Subscribers:</b> Complete four (4) coaching calls with a Quit Net Coach to help you quit smoking.</p> <p><b>Kaiser Permanente Subscribers:</b> Complete HealthMedia® Breathe®, an online program, to help you quit smoking.</p>	September 1, 2016 – April 30, 2017	\$100 Reward Card*
<small>*Only employees who are enrolled as the subscriber in a County-sponsored medical plan may be eligible for the \$100 Reward Card. Employees who opt to waive coverage to their County-employed spouse or registered domestic partner are not eligible.</small>		
<b>Steps to Success Rewards and Incentives</b>		
<p><b>STS Monthly Challenges:</b></p> <ul style="list-style-type: none"> <li>Employees that complete all milestones within a Steps to Success (STS) Monthly Challenge will earn a Fitbit One.</li> <li>Participants will only be able to earn one (1) Fitbit One every three (3) years.</li> </ul>	All Year	Fitbit One**
<p><b>STS Quarterly MEGA Challenges:</b></p> <ul style="list-style-type: none"> <li>Employees that complete all milestones within an STS MEGA Challenge will earn a Fitbit Aria Scale.</li> <li>Only one (1) Fitbit Aria Scale may be earned per eligible employee.</li> </ul>	Quarterly Beginning October, January, April, and July	Fitbit Aria Scale**
<p><b>STS Milestones:</b></p> <ul style="list-style-type: none"> <li>Track your physical activities on the STS portal and receive incentives for meeting milestones along the way!</li> <li>Register and participate at <a href="http://www.healthycommunity.ca/sbhr">www.healthycommunity.ca/sbhr</a>. Receive a free pedometer just for registering!</li> </ul> <p><small>NEW</small> STS 7 Million Steps Milestones Monthly Drawing: Beginning September 1, 2016, employees that have completed 7 Million Steps will be entered into a monthly drawing to win a Hydration Backpack.</p>	All Year	Various milestone prizes
<p><b>Wellness Wednesdays:</b></p> <ul style="list-style-type: none"> <li>Every Wednesday, <i>My Health Matters! (MHM!)</i> will do a random drawing for a gift card!</li> <li>You <u>MUST</u> be an active participant on STS and have logged at least 5,000 steps in the previous week to win.</li> </ul>	All Year	\$ Gift Cards

\*\*Only employees who are enrolled in a County-sponsored medical plan may be eligible for a Fitbit One or Fitbit Aria Scale. Employees who opt-out are not eligible.

For additional information, visit the *MHM!* web page at <http://cms.sbcounty.gov/hr/Benefits/WellnessProgram.aspx>.  
 For questions, contact your Department Wellness Advocate or *MHM!* at [mhm@hr.sbcounty.gov](mailto:mhm@hr.sbcounty.gov) or via phone at 909-387-5787.

**Note:** Must be a County employee to be eligible for any STS rewards and incentives. All rewards and incentives are subject to inventory/fund availability.